




Identify Your Career Interests




This overview/checklist is designed to help you discover the group(s) of occupations most related to your interests, based on "Holland Codes."
This is simply an activity, not a validated assessment measure.

For each of the six Holland Codes, check the statements that describe you.

 <p>TECHNICAL Career Field</p> <p>UTAH CAREER FIELD: TECHNICAL</p> <p>"Holland Code" Realistic American Careers: Doer</p>	 <p>SCIENTIFIC Career Field</p> <p>UTAH CAREER FIELD: SCIENTIFIC</p> <p>"Holland Code" Investigative American Careers: Thinker</p>	 <p>ARTS and RECREATION Career Field</p> <p>UTAH CAREER FIELD: ARTS & RECREATION</p> <p>"Holland Code" Artistic American Careers: Creator</p>
<p>Compare yourself with the "Doers."</p>	<p>Compare yourself with the "Thinkers."</p>	<p>Compare yourself with the "Creators."</p>
<p>Would you describe yourself as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Practical? <input type="checkbox"/> Self-controlled? <input type="checkbox"/> Mechanical? <input type="checkbox"/> Athletic? <input type="checkbox"/> Outdoors-y? <input type="checkbox"/> Persistent? <p>Are you good at:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fixing things? <input type="checkbox"/> Operating equipment? <input type="checkbox"/> Using tools? <input type="checkbox"/> Solving practical problems? <p>Do you like to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work with plants? <input type="checkbox"/> Take care of animals? <input type="checkbox"/> Build things? <input type="checkbox"/> Spend time outdoors? <input type="checkbox"/> Be physically active? <p>Do you avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Doing paperwork? <input type="checkbox"/> Working closely with other people? <p style="text-align: center;">R =</p>	<p>Would you describe yourself as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Precise? <input type="checkbox"/> Self-confident? <input type="checkbox"/> Logical? <input type="checkbox"/> Independent? <input type="checkbox"/> Scholarly? <input type="checkbox"/> Observant? <p>Are you good at:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Solving math problems? <input type="checkbox"/> Understanding scientific theories? <input type="checkbox"/> Using a computer? <p>Do you like to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work with ideas? <input type="checkbox"/> Conduct experiments? <input type="checkbox"/> Read professional magazines? <input type="checkbox"/> Work on your own? <p>Do you avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Intense physical activity? <input type="checkbox"/> Taking leadership positions? <p style="text-align: center;">I =</p>	<p>Would you describe yourself as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Imaginative? <input type="checkbox"/> Original? <input type="checkbox"/> Emotional? <input type="checkbox"/> Expressive? <input type="checkbox"/> Idealistic? <input type="checkbox"/> A non-conformist? <p>Are you good at:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Working with designs and patterns? <input type="checkbox"/> Drawing or painting? <input type="checkbox"/> Writing stories, poems or music? <p>Do you like to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work on crafts? <input type="checkbox"/> Attend concerts or the theatre? <input type="checkbox"/> Dance? <input type="checkbox"/> Take photographs? <p>Do you avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Highly structured situations with a lot of rules? <input type="checkbox"/> Mechanical problems? <p style="text-align: center;">A =</p>

NOTE: The descriptions used on these pages were adapted from the "Overview of Holland's Vocational Personality Theory," *O*Net Interest Profiler User's Guide*, p. 17, and from "What is My Personality Type," *Delaware Career Compass 2005-2006*, p. 10.

AKA "Holland Codes"

 <p>UTAH CAREER FIELD: SOCIAL-HUMANITARIAN "Holland Code" Social American Careers: Helper</p> <p>Compare yourself with the "Helpers."</p> <p>Would you describe yourself as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Kind? <input type="checkbox"/> Friendly? <input type="checkbox"/> Patient? <input type="checkbox"/> Understanding? <input type="checkbox"/> Forgiving? <input type="checkbox"/> Generous? <p>Are you good at:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assisting other people? <input type="checkbox"/> Teaching/training? <input type="checkbox"/> Communicating thoughts and ideas? <input type="checkbox"/> Planning activities? <p>Do you like to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work in groups? <input type="checkbox"/> Give advice to people? <input type="checkbox"/> Do volunteer work? <input type="checkbox"/> Participate in meetings? <input type="checkbox"/> Provide service to others? <p>Do you avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Working with data? <input type="checkbox"/> Strenuous exercise? <p style="text-align: center;">S =</p>	 <p>UTAH CAREER FIELD: MARKETING & ADMINISTRATION "Holland Code" Enterprising American Careers: Persuader</p> <p>Compare yourself with the "Persuaders."</p> <p>Would you describe yourself as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assertive? <input type="checkbox"/> Adventurous? <input type="checkbox"/> Ambitious? <input type="checkbox"/> Popular? <input type="checkbox"/> Extroverted? <input type="checkbox"/> Energetic? <p>Are you good at:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Leading people? <input type="checkbox"/> Convincing others to do things your way? <input type="checkbox"/> Selling things? <input type="checkbox"/> Making speeches? <p>Do you like to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start projects and see them through? <input type="checkbox"/> Earn recognition? <input type="checkbox"/> Be involved in politics? <input type="checkbox"/> Take risks for profit? <input type="checkbox"/> Have power or status? <p>Do you avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Working solo? <input type="checkbox"/> Repetitive, routine tasks? <p style="text-align: center;">E =</p>	 <p>UTAH CAREER FIELD: BUSINESS OPERATIONS "Holland Code" Conventional American Careers: Organizer</p> <p>Compare yourself with the "Organizers."</p> <p>Would you describe yourself as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Efficient? <input type="checkbox"/> Well organized? <input type="checkbox"/> Systematic? <input type="checkbox"/> Thrifty? <input type="checkbox"/> Polite? <input type="checkbox"/> Persistent? <p>Are you good at:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Attending to detail? <input type="checkbox"/> Keeping accurate and up-to-date records? <input type="checkbox"/> Working where there are strict standards? <input type="checkbox"/> Following procedures? <p>Do you like to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work where the lines of authority are clear? <input type="checkbox"/> Use office equipment? <input type="checkbox"/> Work with numbers? <input type="checkbox"/> Use computers? <p>Do you avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work where there are a lot of "judgment calls?" <input type="checkbox"/> Expressing your personal ideas? <p style="text-align: center;">C =</p>
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Now total the number of checks for each code and record in the space by the letter at the bottom of each box. Write the codes associated with your 2-3 top "scores" below. This is your "Holland Code." Check out the occupations that match your interests by consulting the Career Chart (pp. 38-59).

For a more accurate measure of your career interests, and links to matching programs of study and occupations, take the Interest Profiler in the *Choices Planner*.

Choices
PLANNER